

**For definitions and maximum points see: [How to Earn Points](#)**

**Yellow cells should calculate automatically**

Place points in each cell if appropriate								Point Criteria	
<b>Move More</b>									<b>Move More - 30 points weekly max</b>
	M	T	W	T	F	S	S		
Move for 30 minutes								0	2 points per 30 minutes per day
Take the stairs								0	1 point daily
Stretch								0	1 point daily
Trade a non-active event/activity								0	2 points weekly
<b>Stress Less</b>									<b>Stress Less - 7 points weekly max</b>
Stress reduction for 15min.								0	1 point daily
<b>General Health</b>									<b>General Health - 21 points weekly max</b>
	M	T	W	T	F	S	S		
Floss & Brush								0	1 point daily
Slept 7+ Hours								0	1 point daily
8-8oz glass of water								0	1 point daily
<b>Worksite Health Promotion</b>									<b>Worksite Health Promotion - 5 points weekly max</b>
								0	5 points weekly
<b>When the week is finished, report this total score to your Team Captain:</b>								0	